

In the Claims:

Please delete Claims 1-34 and replace with the following claims:

- Claim 35. An abdominal exercise machine for exercising abdominal muscles, comprising
- an upper member comprising generally extending members, configured to contact the frontal upper body of a user;
 - a lower member comprising generally extending members, configured to contact the frontal upper leg portions of a user; and
 - a semi-rigid member providing a range of bending force, said semi-rigid member coupled to said upper member and said lower member,
- whereby feedback is provided when a predetermined abdominal exercise is performed, and
- said generally extending members of said lower member comprise padded rollers.
- Claim 36. An abdominal exercise machine as set forth in claim 35, wherein
- said upper member further comprises an engagement member, and
 - said semi-rigid member coupled to said lower member by a pivoting joint.
- Claim 37. An abdominal exercise machine as set forth in claim 36, wherein
- said semi-rigid member is securely coupled to said upper member; and

said semi-rigid member securely coupled to said pivoting joint.

- Claim 38. An abdominal exercise machine as set forth in claim 36, wherein
- said semi-rigid member is detachably couplable to said upper member;
- and
- said semi-rigid member is detachably couplable to said pivoting joint.
- Claim 39. An abdominal exercise machine as set forth in claim 35, wherein said semi-rigid member is securely coupled to said upper member and said lower member.
- Claim 40. An abdominal exercise machine as set forth in claim 35, wherein said semi-rigid member is detachably couplable to said upper member and said lower member.
- Claim 41. An abdominal exercise machine as set forth in claim 35, further comprising a flex joint configured to couple to said top member and said semi-rigid member.
- Claim 42. An abdominal exercise machine as set forth in claim 35, further comprising a pivot joint configured to pivotally couple to said semi-rigid member and said lower member.
- Claim 43. An abdominal exercise machine as set forth in claim 42, wherein said semi-rigid member is coupled to said pivot joint via a flex joint and a plurality of bolts.

Claim 44. An abdominal exercise machine as set forth in claim 35, wherein said generally extending members of said upper member comprise rotatable handgrips.

Claim 45. An abdominal exercise machine comprising,
a top member comprising generally extending members;
a lower member comprising generally extending members;
a hinged-rigid member, configured to couple to said lower member and
said to top member;
an elastic member configured to resistively couple to said hinged-rigid
member and to said top member;
whereby physical feedback is provided when a predetermined abdominal
exercise is performed.

Claim 46. An abdominal exercise device as set forth in claim 45, wherein
said top member is selectively adjustable in length; and
said elastic member is configured to detachably couple to said hinged-
rigid member and to said top member.

Claim 47. The device of Claim 45, wherein said upper member is configured to contact the
frontal upper body of a user; and said lower member is configured to contact the frontal
upper leg portions of a user

Claim 48. An abdominal exercise machine, comprising:

- means for engaging an upper body portion;
- means for engaging a lower body portion; and
- biased elastic hinged-rigid means for resiliently resisting compression, said biased hinged-rigid means coupling said upper body engaging means and said lower body engaging means, said biased hinged-rigid means spanning abdominal muscles for exercise thereof;
- elastic means for biasing said hinged-rigid means, said elastic means coupled to said hinged-rigid means;
- whereby abdominal muscles are exercised when said biased hinged-rigid means undergoes compression when said upper body portion is brought towards said lower body portion and feedback is provided during a predetermined abdominal exercise.

Claim 49. The machine of Claim 48, wherein said elastic means is configured to selectively, adjustably couple to said hinged-rigid means and to said means for engaging an upper body portion.

Claim 50. An abdominal exercise system, comprising:

- a top member;
- a lower member;
- a hinged-rigid member configured to couple to said top member and said lower

member; and

an elastic member configured to selectively positionally couple to said top member and to said hinged-rigid member to provide a resistive force.

Claim 51. The system of Claim 50, wherein said hinged-rigid member is hingedly coupled to said top member.

Claim 52. An exercise system, comprising:
a top member;
a hinged-rigid member hingedly coupled to said top member; and
an elastic member coupled to said top member and to said hinged-rigid member to provide resistive force.

Claim 53. The system of Claim 52, wherein visual feedback is provided when a predetermined abdominal exercise is performed.

Claim 54. The system of Claim 52, further comprising a lower member configured to couple to said hinged-rigid member, and configured to contact the generally frontal lower body of a user.

Claim 55. The system of Claim 52, wherein said top member is configured to contact generally the frontal upper body of a user.

- Claim 56. An abdominal exercise device for exercising abdominal muscles, comprising
- an upper member comprising generally extending members, configured to contact the frontal upper body of a user;
 - a lower member comprising generally extending members, configured to contact the frontal upper leg portions of a user; and
 - a semi-rigid member providing a range of bending force, said semi-rigid member flexibly coupled to said upper member and pivotally coupled to said lower member.
- Claim 57. The device of Claim 56, wherein said semi-rigid member is pivotally coupled to at least one of said upper member and said lower member.
- Claim 58. The device of Claim 56, wherein said semi-rigid member is flexibly coupled to at least one of said upper member and said lower member.
- Claim 59. The device of Claim 56, wherein physical feedback is provided when a predetermined abdominal exercise is performed.
- Claim 60. The device of Claim 56, wherein said generally extending members of said lower member comprise padded rollers.

Claim 61. The device of Claim 56, wherein said semi-rigid member is detachably couplable to said upper member; and detachably couplable to said lower member.

Claim 62. The device of Claim 56, further comprising a flex joint configured to couple to said top member and said semi-rigid member.

Claim 63. The device of Claim 56, further comprising a pivot joint configured to pivotally couple to said semi-rigid member and said lower member.

Claim 64. The device of Claim 56, wherein said generally extending members of said upper member comprise rotatable handgrips.